



North Carolina Department of Public Instruction, School Nutrition Services Section, in cooperation with Chef Cyndie Story and K-12 Team, is providing The NC K-12 Culinary Institute which features face-to-face and online instruction for school nutrition personnel to enhance these healthy dining objectives:

- Improve student health, well-being and academic success through nutritious, appealing meals at school
- Increase participation in high quality, enticing school nutrition programs
- Expand capacity of local school nutrition programs to purchase, prepare and serve fresh, locally grown produce
- Increase consumption of fruits, vegetables and whole-grain rich foods
- Provide continuing education opportunities for school nutrition personnel

The culinary school course components are planned to include cycle menus and recipes using scratch, convenience, and modified scratch products and techniques. Recipes will also include North Carolina Farm to School items, step by step photography, and instructions that are written for production amounts consistent with pack or pan sizes commonly available and used in school kitchens. Recipes will be entered into a nutritional analysis software program and made available for easy import and adjustments for standardization in individual School Food Authorities (SFAs).

During the summer of 2016, we will host 16 workshops for School Nutrition Managers who will become Chef Ambassadors. It is expected they will take the concepts learned at the Institute and “Teach It Forward”. Instructional segments are planned for topics such as knife skills, weighing and measuring accurately, preparing foods for just-in-time service, work simplification and scheduling, effective use of equipment, and quality food preparation and service for a variety of meats, grains, fruits, vegetables, and condiments. A “Teach it Forward” toolkit, including 15-minute modules or “Short Sets” on many of the topics, will be provided to the School Nutrition Manager participants so that they can return to the SFA as Chef Ambassadors and teach other managers and associates important food production and merchandising techniques. In addition, a limited amount of small equipment will be provided to assist with teaching upon return to the SFA.

Workshop dates and locations include:

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| • Alamance Burlington Schools (July 12 – 14) | • Johnston County Schools (August 9 – 11) |
| • Chatham County Schools (July 12 – 14) | • Mooresville Graded Schools (July 26 – 28) |
| • Cherokee Central School (August 2 – 4) | • Onslow County Schools (August 9 – 11) |
| • Dare County (June 28 – 30) | • Pitt County (June 28 – 30) |
| • Franklin County (June 28 – 30) | • Sampson County Schools (July 19 – 21) |
| • Haywood County Schools (August 2 – 4) | • Union County Schools (July 26 – 28) |
| • Henderson County Public Schools (Aug 2 – 4) | • Whiteville City Schools (July 19 – 21) |
| • Hoke County Schools (July 19 – 21) | • Wilkes County Schools (July 26 – 28) |

Registration is limited to two managers per SFA and will close on April 30, 2016 or when the workshops have reached maximum capacity. On-site registrations cannot be accepted due to limited space for the instructional

segments and advance preparation needed for the workshops. Lunch will be provided all three days; however, participants will be responsible for all additional related expenses of travel, lodging, meals, beverages, and snacks. Participants attending the entire workshop with successful completion are eligible to receive \$185.00 reimbursement to offset part of the travel expenses incurred.

Please share the registration link below with the managers in your School Food Authority who will be the best candidates to use the “Teach it Forward” materials with other managers and employees. One of the requirements of participation in this workshop is the subsequent reporting of the number of School Nutrition Professionals taught by each attendee; completion of a follow-up survey will be required.

<https://www.surveymonkey.com/r/K-12CulinaryInstitute2016>

Registration will be confirmed by email in May when additional workshop details will be provided. Thank you for considering this fun-filled continuing education activity which can lead to exciting and positive changes in your school cafeterias. Contact Susan Thompson (susan.thompson@dpi.nc.gov) or 919-218-4090) with any questions.